






# 5-Point Checklist for Weight Management

Below are 5 common mistakes  
that lead to gains in body fat.

Mistake:	Action:	Reason:
1.  Skipping Meals	<ul style="list-style-type: none"> <li>Put something in your stomach in the morning, afternoon and evening.</li> <li>Meals don't need to be large.</li> <li>If you are rushed because of PT or school, then keep healthy choices in your barracks room, i.e., cereal, milk, and fruit after PT in the morning.</li> </ul>	<p>Your body has an overwhelming ability to survive. In the absence of food, your body slows its metabolism <i>A LOT!</i> A slowed metabolism makes it easy to gain weight and difficult to lose weight. Most people who skip meals <u>overeate</u> at the next meal because they are too hungry.</p> <p><b>(Local installation data: 74% of Soldiers on the weight control program skip meals.)</b></p>
2.  Eating fast food or eating out	<ul style="list-style-type: none"> <li>Eat less fast food.</li> <li>Eat out less often or eat less when you do eat out.</li> <li>Eat at your DFAC for the best healthy choices. DFACs always offer a salad bar, hot vegetables, and fruit to help balance your meal; and usually offer baked beans as an alternative to French fries.</li> </ul>	<p>It's difficult to eat low fat when eating at restaurants. A double cheeseburger, large fries and large coke provide almost 1800 kcal in one meal; this is what many people need in one day. <b>(Local installation data: 34% of Soldiers on the weight control program eat out 3 or more times per week.)</b></p>
3.   Drinking beverages with calories or alcohol	<ul style="list-style-type: none"> <li>Drink beverages that are calorie-free.</li> <li>Two 20-oz sodas per day for one week equal the calories in a pound of fat.</li> <li>Cut down or abstain from alcohol. A 6-pack of beer equals ~900 kcal.</li> </ul>	<p>Beverages with calories include <u>fruit juice</u>, sports drinks, cappuccinos, sweet tea, not just soda and fruit punch. Liquid calories add up quickly and don't contribute to a sense of fullness.</p> <p>All alcohol is stored as fat. <b>(Local installation data: Soldiers on the weight control program drink an average of 500 kcal/day in sweetened beverages.)</b></p>
4.  Too little aerobic exercise	<ul style="list-style-type: none"> <li>If you're on profile, find a safe aerobic activity to do.</li> <li>Do cardio/aerobic exercise year round.</li> <li><u>Build up to</u> 30 minutes of aerobic exercise 4 days per week.</li> </ul>	<p>Cardio/ Aerobic exercise decreases body fat. Be sure to build time and distance slowly, and cross train to reduce risk of injury. <b>(Local installation data: 68% of Soldiers on the weight control program were on profile within the last year.)</b></p>
5. Eating past the point of fullness or eating when you're not hungry	<ul style="list-style-type: none"> <li><u>Pay attention</u> to how full you feel while you eat.</li> <li>Relax and eat slowly if you're a quick eater.</li> <li>Stop eating when you feel food in your stomach, but aren't completely full.</li> </ul>	<p>Overeating causes weight gain. If you feel "stuffed" or "uncomfortably full", your body is telling you that <u>you ate too much!</u> Fast eaters usually overeat! Soldiers gain body fat if they eat when bored (CQ Duty) or in response to stress (marital problems).</p>

Add a Point: If your physical activity is limited due to an injury, be extra careful about the calories that you are eating: cut down on sweets and high fat foods.